

# COMMUNICATOR

SPRINGHILL PENITENTIARY



IS THERE ANYBODY OUT THERE???

Vol. VI, No. 5

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# Editorial

Another year swallows its tail, and some of us go home, and some come into prison, and some of us still await our date of release, comforted by cynic observations.

Our feature article this issue is a reprint from the "Inside Out" a spiritual manual for prison life, published by the Prison Ashram Project. There is no need to justify its place on our pages. We've been reveiving a lot of papers from south of the border, and we're glad to see that people are getting into some creative stuff instead of the usual cussing out of the system, administrators in general and particular, and anybody who doesn't appear to be "on our side".

Bill C-51 is explained for those of us interested in what the law is up to as the clamouring voices of Law and Order, Peace and Security, Inmate Rights, etc. all demand attention. No really significant change, just that point we've (prisoners) been making for years, that time served on parole should count as time served, has finally been recognized.

Our regular features; Local Stops, Poetry, Inmate Groups, Book Reviews & Unit Reports are all there to provide news on "What's Happening". The layout was done by Ron Saab, working on his last issue before getting on the train for points southeast and being replaced by Bob Mallet.

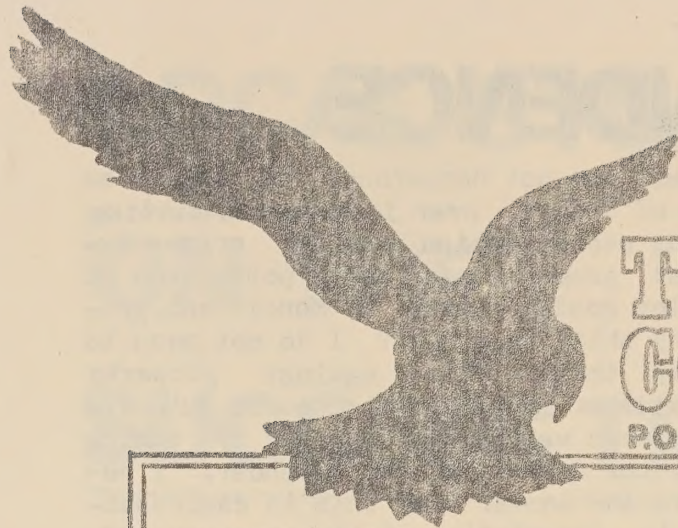
With an ever-increasing number of french guys coming here, we'll have to give them a representative number of pages. This should hopefully generate some more \$\$\$ through subscriptions. Economics already have forced us to trim our subscription list. If you can't remember when you last subscribed, it's probably time to send us another \$6.00.

I'm running out of things to say, so I'll enclose a sketch from the recent Family Visiting Day.

by GREG SCOTT







The wise man looks into space  
and does not regard the small as too little  
nor the great as too big;  
for he knows that there is no limit to dimen

# THE COMMUNICATOR

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# CORRESPONDENCE

Dear Editor;

Your most recent issue of the Communicator was the best I've seen in two years. Congratulations. It is encouraging to see that the tune of the Communicator appears to be constructive even in these troubled times.

I am firmly of the belief that the only responsibility society has towards it's offenders is not incarceration, however, penal reform is becoming more complex than ever when the only time the community is aware of the existence of penitentiaries is when there is a riot, an escape, a shooting or a hostage taking

I sympathize with the Millhaven inmates who recently negotiated for decent living conditions by taking another inmate hostage. the Solicitor General chose to not uphold the agreement reached by the negotiators, the inmates and the Director of Millhaven. I do not agree with agreements being reached by threatening the life of another person, however, it is a very sad commentary on our society when these simple humane conditions are not met in the first place.

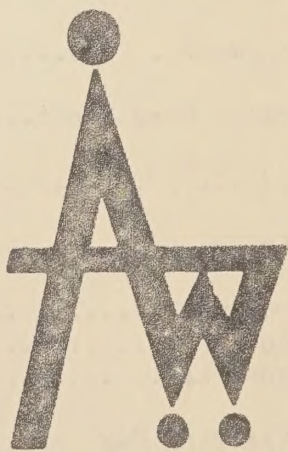
I do not believe that the day will ever come when we will live without prisons. There will always be those of us who are damaging to the life and limb of our fellow man. I believe that most people in the free society do not realize that eighty five percent of the people behind bars in Canada at this very

moment are not dangerous. We, the free men of Canada, **over incarcerate-putting** young people **behind bars** for crimes against property-car theft, possession of stolen goods, fraud. Is money and property this important? I do not mean to imply that a crime against property should be ignored, but does it automatically mean we should "punish" by taking away the freedom of the offender. I believe the answer for this is compensation to the victims of the property offences - and this should be the base line of any conventional system.

It makes no sense whatever to me as a citizen to pay an **astronomical** amount of money to have a devastating effect on the life of another person by locking him or her in an institution for several years. What is gained? Two people lose the victim and the offender.

We, the people of the community must realize that our fellow human being behind bars are the same as we are-not strange-not different -not any more violent or any less self righteous. Fear of the unknown is **probably** the most prominent feeling of the Canadian public, they do not realize that most inmates would not present any threat whatsoever-that inmates are people just as we are people, the difference being you have been caught and we haven't. May the one with no sin cast the first stone.

Yours Truly,  
A Friend



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# LOCAL STOPS ON THE SUCCESS TRAIN

## Basic Right

The right of an individual to consult a lawyer in absolute privacy - to know that whatever is said between them remains a matter of the strictest confidence - is something that should be defended at every turn.

Unfortunately, the Canadian Penitentiary Service does not believe that this right applies to people serving prison terms. It insists on reading and censoring all mail - even that clearly marked by a lawyers' printed letterhead. In this, the prison authorities have been supported by the federal court and the matter is now being appealed to the Supreme Court of Canada.

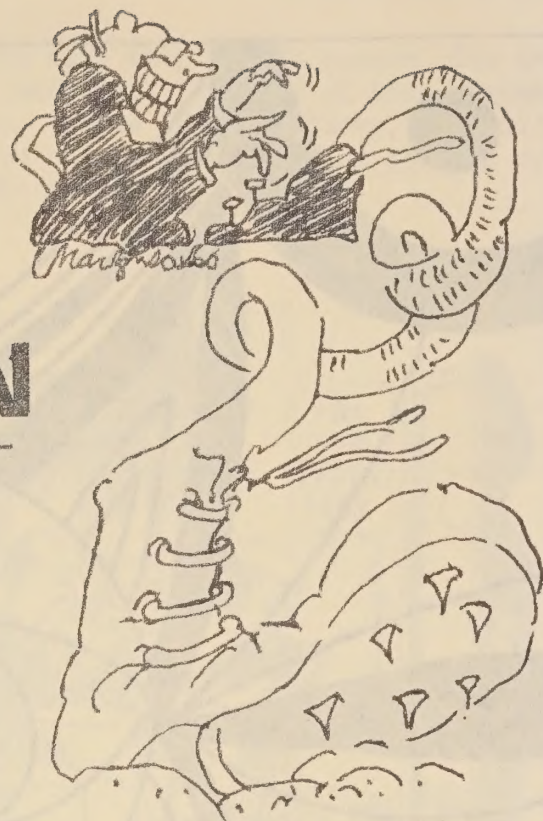
The Criminal Lawyers' Association claims that if the privilege of confidentiality is eroded in this way, it's members cannot fully do their duty as legal counsel.

What they say makes sense. If we all agree that a telephone call between an individual and his lawyer is confidential and should not be listened to by police or prison guards, it doesn't make sense to say that letters exchanged between them are any less privileged.

Prison authorities argue they must guard against contraband and insurrection. They refuse to recognize that lawyers, no matter what jokes we make against them, are dedicated professionals, officers of the court and members of the bar. If a lawyer abuses his professional role he can be dealt with severely by his own colleagues.

In reply, prison authorities say it is too easy to steal a lawyer's letterhead and under the cloak of privilege, a confederate could mail drugs, files and money into the prison.

The answer is to employ the procedure now used in some U.S. prisons where letters from lawyers are opened and quickly examined - not read - by guards in the presence of the inmate.



In this way, both the needs of prison security and confidentiality are satisfied.

-TORONTO STAR

## Books

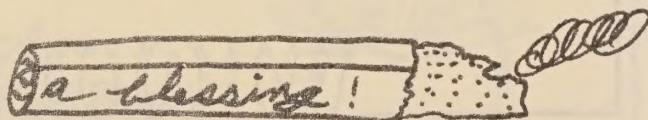
Mr. Hughes has informed us that approximately one hundred and fifty books are missing from the library due to inmates destroying or not returning them. Theft is a big problem that is depriving the population of good reading material.

The library is there for everyone's convenience and if the inmates were to turn in any books that they may have or found laying around everyone would once again be able to enjoy them.

## Smoking

Good news arrived from Ottawa recently when permission was given that inmates in dissociation would be allowed to have smoking materials while serving hole time. Inmates will be allowed to have the tobacco that is in their cells by filling out a request form or if possible picking it up themselves before entering the hole.

I guess this means that the "Midnight Runner" will no longer be seen lurking about the hospital lawn.





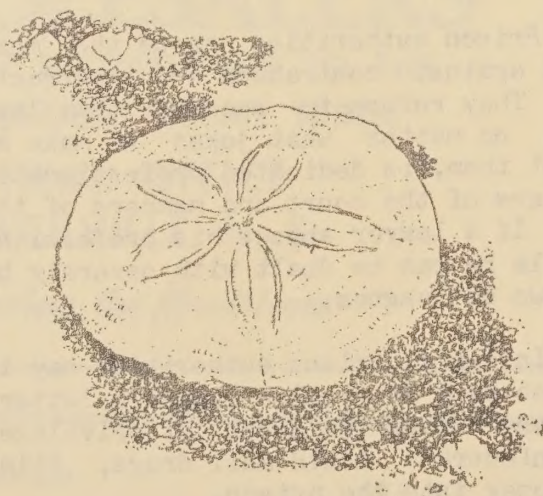


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# Investigator

The A/A.D. (O & A) has notified us of the appointment of Mr. Ron Stewart as the Correctional Investigator replacing Ms. Inger Hansen.

Anyone having a grievance can fill out the forms and forward them to the Assistant Director (Organization and Administration). Just put the grievance in the mail box or give it to your Range Officer.

## Again

With chronic accuracy the CPS has dunned it again.

After a beautiful summer's use of our outdoor facilities, we are back into the new gym for a second season. Everything's sounding okay, right?

Well, hold the bus. Although the gym was barely in use for the summertime some mysterious official has decided to use the winter months to tear up a portion of the floor to fix a sewer problem they've known about for at least a year.

We wait with bated breath for the next masterful stroke of this unsung genius. Maybe if we're lucky, he will somehow manage to repair the heating system in mid-January.

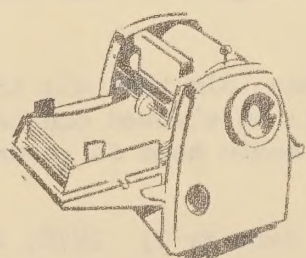


# Gestetner

*Sales and Service*

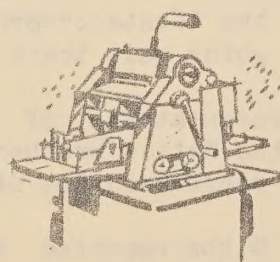
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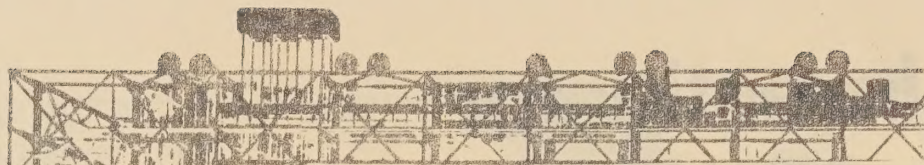
*-Coast to Coast-*

# Gestetner





# L.S.O.T.S.T. Reform



Solicitor General Francis Fox's pledges of prison reform appear to have come to naught.

The other day, inmates in Millhaven special handling unit which accommodates the men considered most dangerous by the authorities, took another prisoner hostage and threatened to kill him if their demands were not met.

The demands? Quicker access to medical services, a shower every other day, some sports equipment and a chance to participate in rehabilitative programs conducted in the prison.

Hardly revolutionary. Indeed, the inmate's requests were so sound and so reasonable that the prison director almost rushed to agree.

Then why were the changes not made earlier? Why did the inmates have to resort to violence and the intervention of two Queen's University professors to get a hearing?

Because an excellent, far-reaching plan for reforming Canada's penitentiaries, drawn up after intensive investigation by the parliamentary committee on prison violence, has been mouldering on Fox's desk since last July.

Unhappily, until he signals his wholehearted acceptance of the report and puts his staff to work implementing it's recommendations, no one in the prison system is likely to risk making any changes.

THE TORONTO STAR

## C.A.C.

Since the last report, there have been three meetings of the Citizens' Advisory Committee.

In response to letters sent out to groups in the community in the hope that we could generate some interest, we only received two positive replies, one from P.L.S., and one from the Parole Services in Halifax and Truro.

The Committee has been kept up to date on the "Contact" project. Everything is going well there.

Representatives of the Committee went to the Native Brotherhood's Culture Day, and considered the day a success.

Mr. Gibbs reported that HQ has now authorized an allowance of 19¢ per mile

for people coming to meetings from some distant area, and overnight accommodation if necessary.

Oliver and Scott presented the Committee with a short brief concerned with the problems facing longtimers, or people serving more than ten years. The program of this institution is designed for those serving short sentences. We, the longtimers, are considering forming a group to articulate these specialized problems.

Mr. Oscar Miller of Halifax Parole, attending his first meeting, mentioned that the Secretary of State's Office has become interested in incarceration, and has some funds for research projects.

The question of usefulness of the CAC within the institution was raised, and it was decided to tour the institution, in light of criticisms of the prison's cleanliness. On December 8, ten people toured the Reception, Dissociation, Hospital, Gymnasium, Living Unit 9 and met in the V & C area to discuss the impressions of the tour.

The consensus was that although the institution could be cleaner, it was not uncomfortable, in fact, the cleanest of the areas visited, the Hospital, had a cold and sterile atmosphere. The Living Unit, on the other hand, was felt to be "Homey" or lived in, and relaxed.

Two items for further consideration after the tour were: a) Adjustment Centre conditions (lack of facilities and space) and b) Pre-release planning and program.

A conference will be held in Ottawa in February for all the CAC's across the country. Two potential agenda items are already being discussed. a) information on the plans of the C.C.S. for improving the training of staff and increasing job satisfaction for staff; and b) information on the plans of the C.C.S. for the making of the system less depersonalizing for staff and inmates.

Members of the Committee were asked to help in finding Judges for the Gong Show.

The Committee was told that all the N.F.L.D. inmates will be allowed one-ten minute phone call a month home at government expense.

Next Meeting: January 9, 1978, at the home of Ruth Cottingham, 10 Charles St., Amherst, N.S.



NO NEED TO DRAW  
 AN EARTH-DESIGN  
 NOR ANY REASON  
 I AM THINE  
  
 NO NEED TO ASK  
 THE LITTLE WAVES  
 WHY THEY LICK  
 SHELLS OR GULLS  
 THAT DIVE WITH  
 GIVEN BEAKS  
 FOR TINY  
 MAGIC THINGS  
 TO EAT NO  
 NEED TO SPEAK  
 WITH OVER-SKY  
 ANNOUNCING WILDLY  
 I AM I  
 & YOU & YOU  
 & ALL IS ALL  
 WIDE IS SKY  
 TALL IS TREE  
 NO POLITIC CAN  
 DENOUNCE DEFINE  
 THE REASON  
 BEING I AM THINE

\*\*\*\*\*

LORRAINE  
 VERNON

THE BLIND MAN SMILES AS HE BOARDS  
 THE BUS NEAR CALVARY TEMPLE.HAS  
 HE FOUND CHRIST AS A SEEING-EYE  
 DOG?HE SPEAKS ALOUD SO WE WILL  
 REACH OUT TO TOUCH THE SOUND.HE  
 REMARKS ON THE MORNING EVERYONE KNOWS  
 THE SUN IS SHINING,STIFFENED  
 PASSENGERS REFUSE TO ENTER-  
 STIFFENED PASSENGERS CLING  
 TO LIGHT.HE PROCLAIMS HE  
 IS HAPPY TODAY HE HAS PASSED  
 CANADIAN LITERATURE AT VANCOUVER  
 COMMUNITY COLLEGE HE HAS  
 TOUCHED THE POEM & HEARD THE WORD



# HATHA YOGA

This article is the first in a series planned for the next five or six issues of the paper. The main point of this series is to show people ways in which they can make their "selves" better, and their lives better.

Yoga is not simply a set of physical postures. Each of the "ASANAS" is a very refined method of stimulating the nerves, organs, and energy centres of the body, and helping you to get into shape at the same time.

As you become used to the different postures, you will notice that you are feeling better, and by feeling better, you will have a more friendly and positive attitude toward the world of your experience. One can experience a sense of freedom far above anything promised by the National Parole Board, and you begin to realize that "reality" is whatever you want it to be, and from that point on, you're really the boss.

In this issue, though, we'll just be dealing with Hatha Yoga. The Meditation exercises will be in the next issue. I would like to thank the PRISON ASHRAM PROJECT for developing the Manuals from which these next few pages are copied.

## INSTRUCTIONS FOR DOING ASANAS

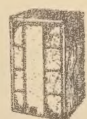
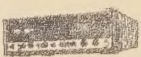
1. Asanas should be practiced early in the morning or late in the afternoon. Use a flat surface with a thin mat. Clothing should be light, flexible and loose, or you may be naked if you prefer.
2. Asanas should not be practiced if you have a fever, abscess or deep wound.
3. Asanas should not be practiced very fast. The breath should be smooth and normal, always through the nose. When you bend forward in any asana, you exhale. When your body stretches backwards or straightens out, you inhale. It's like a bellows. When you have gotten into an asana that involves bending or stretching, and you wish to go into it a little further, take small breaths. Do pranayam (breathing exercises) before doing your asanas.
4. Do each asana two to three times. Do the corpse pose for fifteen to twenty seconds after each asana. However, after each asana done standing, straighten and relax for fifteen to twenty seconds.
5. If you are practicing an asana to relieve a specific disease or weakness, hold it for longer than usual, and practice it more often.
6. Do not bend or stretch any limb or part of the body by force when doing a difficult asana. By regular practice, the body will start to stretch of itself.
7. When the asana becomes perfect, do not repeat it, just increase the time it is held.
8. Do asanas according to your strength. Don't overexert. Increase asanas gradually. If you are ill, do not practice for more than ten or fifteen minutes. Do not do the more difficult asanas. During menstruation women should ease up on the postures. Do not do inverted postures or those that compress the abdominal area.
9. Do not eat for at least twenty minutes after doing asanas. Also, no asanas, until two or three hours after eating.
10. Try to evacuate the bowels before doing asanas. (Do the bow pose if you have trouble before the session.)
11. When doing asanas, the breath should be normal. When you apply force in bending or balancing the body, the breath should be held for a few seconds.
12. Always sit with the spine straight, and keep the back and neck straight while you walk. If you walk with a bent back and slouched shoulders you prevent the lungs from inhaling a full breath.
13. After finishing asanas, sit quietly for meditation.

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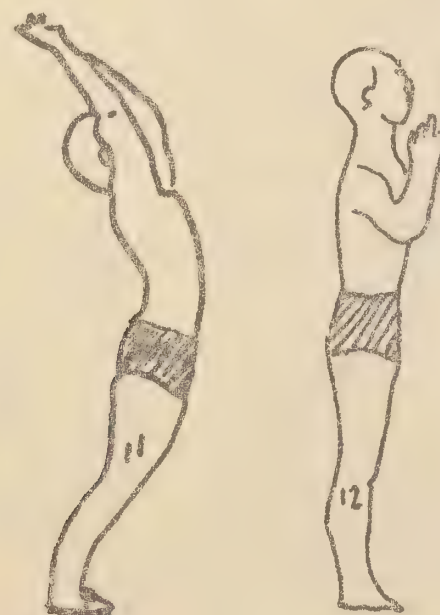
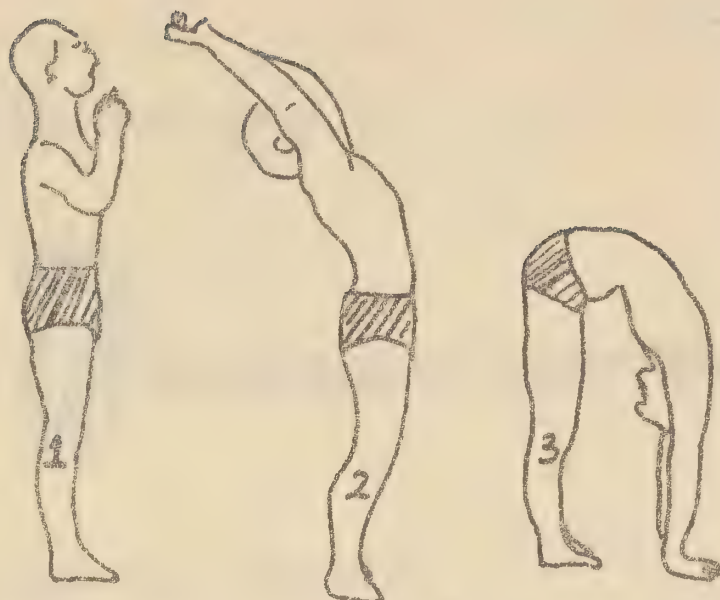


# YOGIC POSES

## 1. SURYA NAMASKAR (Salute to the Sun)

1. Stand with the feet together. Palms should be touching, held at the middle of the chest, fingers pointing upward. Exhale.
2. Lock the thumbs, raise the arms over the head, keeping the arms close to the ears. Bend backward, looking up at the hands. Inhale.
3. Keep the head between the arms, bend forward and place the palms on the floor on either side of the feet. Keep the knees straight. Try to bring the head to the knees. Exhale.
4. Stretch the left leg back, bring the left knee to the floor. Keep the right foot between the hands, with the right knee touching the chest. Look up. Inhale.
5. Throw the right leg back to meet the left foot. Raise the buttocks so that the body forms a triangle, with the head between the arms and the heels touching the floor. Look toward the feet. Exhale.
6. Bring the knees, chest and chin to the floor, in that order. The pelvis should be slightly raised. The palms are beneath the shoulders. Inhale—hold.
7. Bring the pelvis to the floor, stretch up the head, neck and chest and look up at the ceiling. Keep the elbows alongside the body, slightly bent. Hold.
8. Push up and in one movement, bring the head between the arms, and raise the body into a triangle with heels touching the floor. Exhale.
9. Thrust the left leg up between the hands, left knee touching the chest. The right leg is now stretched back, right knee touching the floor. Look up. Inhale.
10. Bring the right leg forward and straighten the knees. Place palms flat on the floor on either side of the feet. Try to bring the head to the knees. Exhale.
11. Keeping the arms close to the ears, stretch up and back, looking at the hands. Inhale.
12. Bring the arms down, palms together, to the middle of the chest. Stand straight. This completes one round. Exhale.

For the first month do three rounds each leg. Thereafter do six rounds each leg.





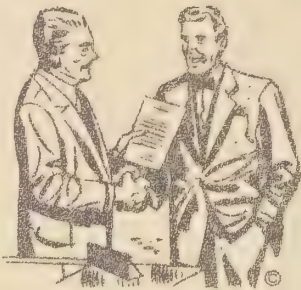
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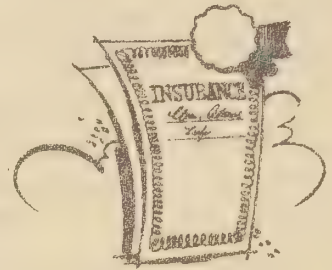
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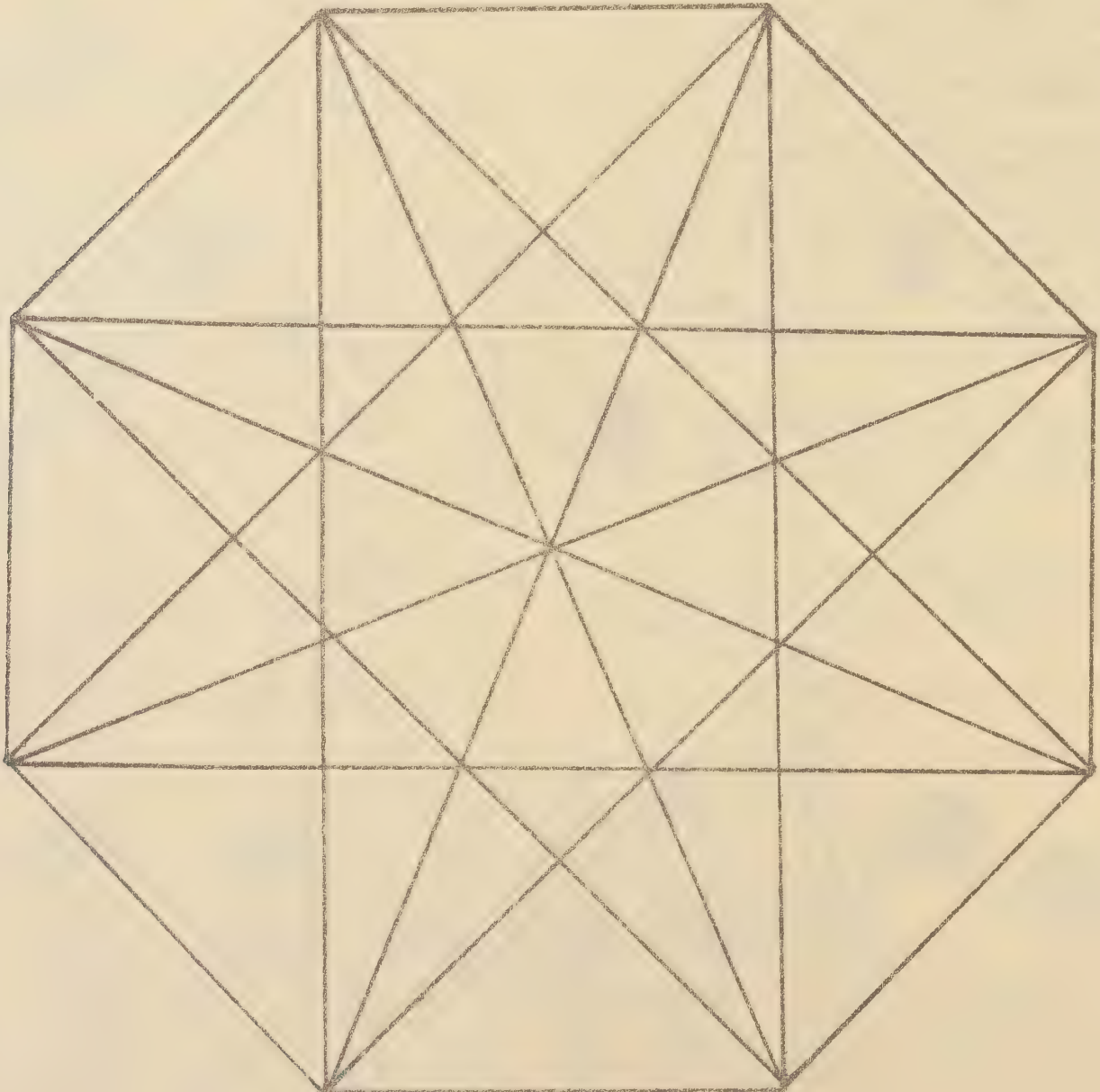
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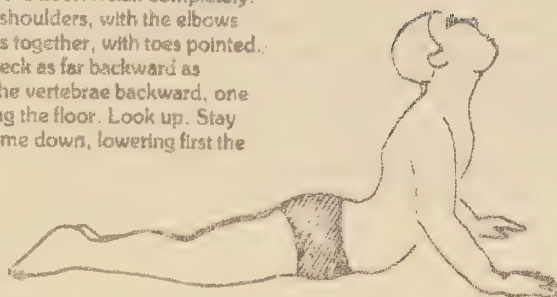
**Our Twenty Seventh Year**





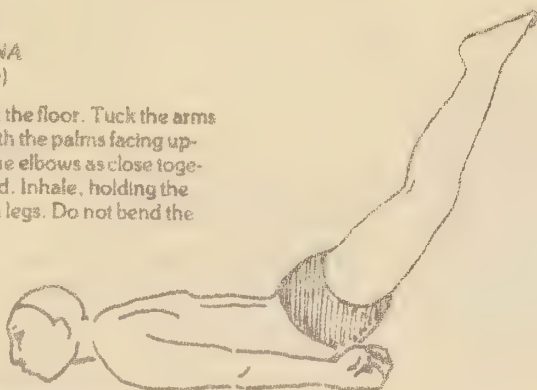
## 2. BHUJANGASANA (Cobra Pose)

Lie face down with the forehead touching the floor. Relax completely. Place the palms on the floor, beneath the shoulders, with the elbows raised and close to the body. Keep the legs together, with toes pointed. Now slowly raise the head and bend the neck as far backward as possible. Slowly raise the chest, bending the vertebrae backward, one by one. The lower body should be touching the floor. Look up. Stay this way a few seconds and then slowly come down, lowering first the trunk, then the head to the ground. Inhale while rising, hold the pose while breathing normally, and exhale while coming down. In the beginning do the cobra for as long as comfortable. Work your way up until you can hold it for one or two minutes.



## 3. SALABASANA (Locust Pose)

Lie face down with the chin against the floor. Tuck the arms underneath the body making fists with the palms facing upward underneath the thighs. Bring the elbows as close together as possible. Keep the toes pointed. Inhale, holding the breath, stiffen the body and raise both legs. Do not bend the knees. Maintain the pose for as long as you can comfortably retain the breath, gradually increasing it to one minute. Slowly lower the legs, exhale slowly.



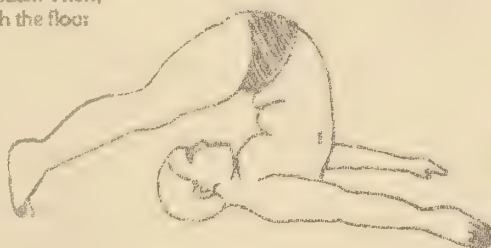
## 4. PASCIMOTTASANA (Forward-bending Pose)

Lie flat on the back. Stretch the arms over the head, locking the thumbs. Keep the upper arms close to the ears. Stiffen the body, inhale, hold the breath, and slowly raise the arms, head and chest at the same time. Assume a sitting position, keeping the arms stretched over the head. Keep the legs firmly on the floor as you rise. Slowly bend forward, exhaling, and hold on to the knees, ankles, or big toes, depending on how far you can stretch. Retain this pose while breathing normally. Hold for as long as you are comfortable until you can maintain the posture for one minute.



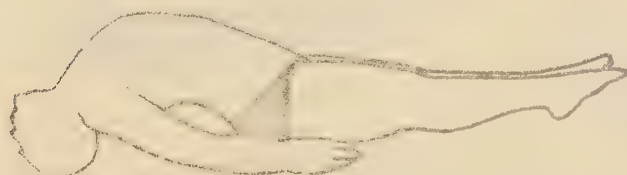
## 5. HALASANA (Plow Pose)

Lie flat on the back with the hands alongside the body. Press the palms against the floor. Hold the breath, slowly raise the legs, keeping the knees straight. When the legs are raised to a ninety degree angle, raise the hips and lower back. Then, exhaling, lower the legs over the head and touch the floor with the toes. Stay in this position for as long as you are comfortable without straining, gradually increasing the time until you can hold for one to two minutes. To come out of the posture, lower the trunk, feeling each vertebra touch the floor. Legs will be at ninety-degree position. Then slowly lower the legs to the floor.



## 6. MATSYASANA (Fish Pose)

Lie flat on the floor, with the hands holding the sides of the thighs. Rest the weight on the elbows. Arch the back, bending the neck until the head slides backward and the top of the head is on the floor. Expand the chest, have a slight smile on the face. Breathe deeply and slowly. If you are comfortable, place the hands on top of the thighs. When you feel quite proficient in this asana, you may try the advanced variation. Hold for as long as you are comfortable, gradually increasing the time until you can hold it for approximately two minutes.



## 7. DHANURASANA (Bow Pose)

Lie face down with forehead against the floor. Gently fold the legs back against the buttocks, and hold the ankles. Raise the head, chest and thighs, arch the back and allow the weight of the body to fall on the abdomen. If you are comfortable, rock gently on the abdomen a few times. Inhale while rising, breathe normally while retaining the pose, and exhale while coming down. Hold for as long as you feel comfortable. Do not strain. Eventually hold the asana for about one minute.



## 8. SARVANGASANA (Shoulderstand)

Lie flat on the back with the hands alongside the body. Raise the legs to a ninety degree position. Then pressing slightly on the palms, raise the trunk of the body to a vertical position until the chin presses against the chest, and the legs are directly over the head. Simultaneously, raise the forearms and place the hands on the small of the back, close to the spine for support. The entire body, from the neck to the toes, should be as straight as possible. To come down, slowly lower the legs over the head, place the hands on the floor, bring the trunk down and then the legs until the feet touch the floor. Breathe normally while in this pose. Maintain this posture for as long as you are comfortable, gradually increasing until you can hold it for ten minutes. You may vary the posture by spreading the legs to the sides, or forward and back.





**8a. MATSYASANA**  
(Variation Fish Pose)

Kneel, sit on the heels with the tops of feet flat on the floor in *Vajrasana* or pelvic pose. Place palms on floor, slightly behind buttocks, fingers pointing forward. Lean back until your elbows and top of head touch the floor. Arch your back. Hands grasp the feet. To come out of the *asana*, press on elbows, raise head and lift the trunk, coming back up into the seated position. Breathe normally during this *asana*. Hold for as long as you are comfortable, gradually increasing the time until you can hold it for one minute.



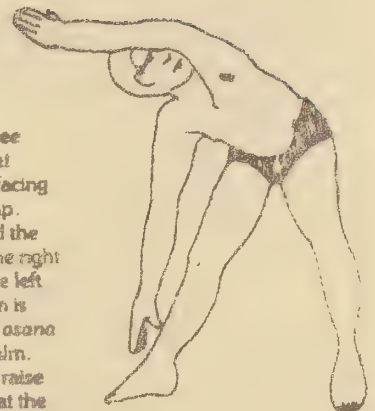
**9. ARDHA MATSYENDRASANA**  
(Half Spinal Twist)

Sit. Bend the right leg, thigh against the floor, and set the heel against the anus. Do not allow the heel to move. Now bend the left leg, crossing the foot over the right knee and arrange the foot to rest on the floor by the outer side of the thigh. Then passing the right arm over the left knee, catch hold of the left foot firmly with the right hand. The left knee is now placed at the right armpit. Swing the left hand behind the back and catch hold of the right thigh. Look over your left shoulder. Remain in this pose for five seconds. Then release the hands and legs. Repeat the same process by changing the limbs. Breathe normally during this pose. Gradually increase the time you spend in this *asana* until you can maintain it comfortably for one minute.



**10. TRIKONASANA**  
(Triangle Pose)

Stand with the feet spread two to three feet apart. Raise the arms sideways at shoulder level. Have the right palm facing downward and the left palm facing up. Looking at the left palm, slowly bend the trunk of the body to the right, until the right hand reaches the right foot. Bring the left arm close to the left ear, until the arm is parallel to the floor. Throughout the *asana* keep the gaze centered on the left palm. Then raise the trunk of the body up, raise the arms to shoulder level, and repeat the pose to the left side. The breath should be normal during this *asana*. Increase the time slowly until you can hold it for one minute on each side.



**11. NATARAJASANA**  
(Shiva Pose)

Stand straight. Bend the right leg up and backward to meet the right hand. Grab hold of the big toe, or ankle, and pull the toe toward the head. Lift the left arm straight up. Look up. Come down and reverse the posture, starting with the left leg and arm. Maintain this *asana* for as long as is comfortable. Breathe normally in this *asana*.



**12. ANJANEYASANA**  
(Monkey Pose)

Stand straight. Bend the left knee while stretching the right leg backwards as far as possible, with toes pointed. Place palms together. Raise the arms overhead and look up at your hands. Slowly bend backward, forming a "U"-shape from the hands to the leg. Hold for a few moments. Come back to the standing position and reverse the pose, starting with the left leg. Breathing should be normal in this pose. Hold for as long as is comfortable.



### 13. CHAKRASANA (Wheel Pose)

Lie down on your back. Bring your knees up, soles flat on the ground. Bring arms over the head, placing the palms down with fingertips touching the shoulders and elbows pointing upward. Inhale, pressing down on the palms and soles. Push the body upward to form an arch. Breathe normally during this pose. When you are quite proficient in the pose you may try to raise the right leg and right arm while resting on the left leg and arm, and then switch to raise the left arm and leg. To come out of the pose, slowly come down onto head and lower your trunk vertebra by vertebra. Do this asana for only a few seconds at first, gradually increasing until you can hold it for one minute.



### 14. PADAHASTHASANA (Hand to Feet Pose)

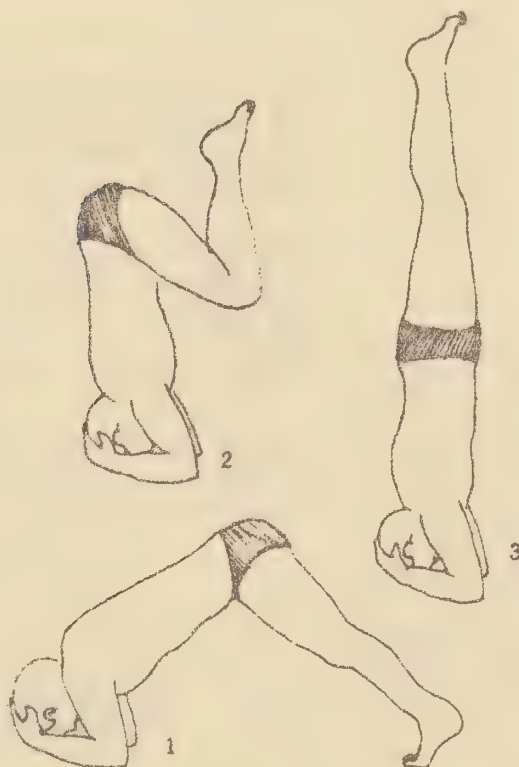
Stand straight. Keep the feet together. Raise the arms over the head, have the palms facing forward. Exhale and bend forward, trying to reach the toes without bending the knees. If you can, hold on to the toes. Bring the forehead as close to the knees as possible. Exhale as you bend forward, breathe normally as you hold the pose and inhale as you come up. Gradually increase until you can maintain the posture for one to one and a half minutes.



### 15. SIRSHASANA (Head Stand)

It is good to practice each stage until you are comfortable in it before proceeding to the next.

1. Kneel. Lock the fingers together and place them on the floor in front of you, creating a triangle with the forearms. The locked fingers are the apex of this triangle. The distance between the elbows should be about the length of a forearm, making this an equilateral triangle.
2. Place the crown of the head on the floor, against the hands, so that the locked fingers provide support for the back of the head.
3. Straighten your knees, walk in on your toes as close to the head as you can, and then slowly lift the trunk of the body so that it is perpendicular to the floor. When you have raised the trunk enough, the feet will automatically lift up off the floor. There is no need to jump up. In fact, jumping up or any sudden, jerking motion can cause you to fall backward. The secret of this asana is doing it smoothly and cautiously.
4. Slowly lift the feet and fold the legs so that the heels are brought close to the buttocks. Keep the soles of the feet facing up.
5. Slowly lift the thighs, bringing them into a horizontal position.
6. Slowly bring the thighs up in line with the trunk. Keep the spine erect and your weight evenly balanced. The knees are now facing up, with the lower legs still close to the buttocks.
7. Be sure that you are balanced and that your spine is straight before going any further. Bit by bit, unfold the legs until they are in line with the rest of the body. Breathe normally throughout the pose. Hold for as long as you are comfortable, gradually increasing the time to ten to fifteen minutes. When coming down, just reverse the order. Fold the lower legs, then bring the thighs to the chest, and then place the knees and toes on the floor. Lift the head and sit, resting for a minute to re-orient yourself.



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# ANOTHER WORLD

SOME CONQUER  
                    THAT BARRIER QUIETLY ,  
OTHERS COME  
                    CRASHING THROUGH  
LOVELINESS IS  
                    THE CATALYST THAT  
SENDS MAN DEEPER  
                    AND DEEPER  
INTO THE UNKNOWN RECESSES  
                    OF HIS MIND  
TO BECOME LOST FOREVER  
                    IN A WORLD  
UNKNOWN TO OTHER MEN  
                    AND OTHER BEINGS.  
THERE AT LAST TO SPEND  
                    HIS TIME IN  
COMMUNION WITH  
                    THE SAINTS

# STARLESS SKY

AS I SIT ACROSS FROM THE SUN,  
AS I RIDE WITH THE WIND,  
AS I RELY UPON THE STARS  
MY HEART GOES OUT TO NO ONE.

THE STARLESS SKY TONIGHT HAS NO MESSAGES  
FOR ME, ALL ITS' POWERS ARE SHROUDED IN A BLANKET  
OF MYSTERY  
AND  
I AM AT PEACE WITH MYSELF.

THERE IS BUT ONE REQUEST  
I ASK OF THE WORLD, AND THAT  
IS TO BE LEFT ALONE. REQUEST DENIED!

# INDIFFERENCE

THE RAIN LIGHTLY FALLS  
DOWN UPON THE LAST REMNANTS  
OF WINTER.  
IN ITS' GENTLENESS I FEEL THE  
HARSHNESS OF MISUNDERSTANDING.  
OF BEING MISUNDERSTOOD AND LEFT LIKE  
THE REFUSED BEGGAR WITH NOTHING, BUT  
EMPTINESS.

**Ron Saab**





#### 16. SAVASANA (Corpse Pose)

Lie on the back, arms at the side of the body, palms up. Keep the feet separate. Breathe normally, relax completely. Feel that you are sinking into the floor. Feel all the tension disappear and rest in the peace that follows. This should be done between asanas for fifteen to twenty seconds and especially after the headstand. At the end of the hatha yoga period Savasana should be done for ten to twenty minutes. A deep relaxation is a good tool to use during any part of the day to free you from tension, fatigue and frustration, or as a method of meditation if you do not feel like sitting in any of the traditional upright postures. It is a good exercise to use to maintain a conscious state in a sleeping position. If you have more than ten minutes do the Yoga Nidra (Deep Relaxation) exercise.



#### 17. YOGA MUDRA (Yogic Seal)

Assume Padmasana (lotus) or Ardha Padmasana (half lotus), or any comfortable cross-legged position. Have the back straight. Bring both hands behind the body and take hold of the right wrist with the left hand. Then slowly bend forward, vertebra by vertebra, until you touch the forehead to the floor. If you can, then touch the chin to the floor. Breathe normally throughout. Come up slowly, keeping the back straight and release the hands. Stay in this asana for as long as you are comfortable, at least two minutes.

## SITTING POSES

#### 1. PADMASANA (Lotus Pose)

Sit with the legs stretched forward. Rest the right foot on the left thigh with the sole turned up. Let the right knee touch the floor. Gently fold the left leg, bringing the left foot to rest over the right thigh with the sole turned up. Both heels should be touching the abdomen. Place the left hand between the heels with the palm turned up. Place the right hand over the left in a similar manner or stretch out the hands and place them on the knees, palms downward. Keep the head, neck and trunk in a straight line. Breathe normally. Do this asana for as long as you feel comfortable. This is an excellent posture for meditation once you have mastered the initial discomfort.



#### 2. ARDHA PADMASANA (Half Lotus)

Sit with the legs stretched forward. Rest the right foot on the left thigh with the sole turned up. Let the right knee touch the floor. Fold the left leg, so that the heel rests under the right thigh. Stretch out the arms, resting the wrists against the corresponding knees, palms turned down. Breathe normally. Keep the head, neck and trunk of the body in a straight line. This asana is very good for meditation.



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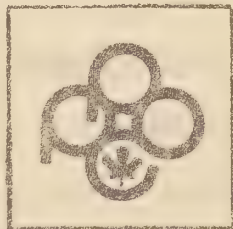




# ASANA CHART

| Sanskrit                | English           | Area Affected | Health Benefits                                                                              |
|-------------------------|-------------------|---------------|----------------------------------------------------------------------------------------------|
| <b>YOGIC POSES:</b>     |                   |               |                                                                                              |
| 1. surya namaskar       | salute to the sun | whole body    | tones entire body                                                                            |
| 2. bhujangasana         | cobra pose        | spine, arms   | spine stretched, backaches relieved                                                          |
| 3. salabasana           | locust pose       | back, abdomen | exercises sympathetic nervous system, liver, pelvis                                          |
| 4. dhanurasana          | bow pose          | back, abdomen | exercises liver, pelvis, pancreas, helps relieve constipation                                |
| 5. paschimothanasana    | forward-bend      | back, abdomen | helps piles, constipation, diabetes, reduces pot-belly and nocturnal emissions               |
| 6. halasana             | plow pose         | back, neck    | tones thyroid, liver and spleen, helps relieve constipation, indigestion, obesity, neuralgia |
| 7. sarvangasana         | shoulder stand    | whole body    | tones thyroid, helps poor circulation, feminine disorders, constipation, asthma              |
| 8. matsyasana           | fish pose         | neck, lungs   | massages neck and shoulders, strengthens lungs, waist and back                               |
| 9. ardha matsyendrasana | half spinal twist | spine         | tones liver, kidneys, adrenals, helps relieve constipation, jaundice, obesity                |
| 10. trikonasana         | triangle pose     | spine, legs   | improves appetite and digestion                                                              |
| 11. natarajasana        | shiva pose        | spine, legs   | stretches legs, good for leg pain, develops poise and balance                                |

| Sanskrit           | English           | Area Affected     | Health Benefits                                                                                                            |
|--------------------|-------------------|-------------------|----------------------------------------------------------------------------------------------------------------------------|
| 12. anjaneyasana   | monkey pose       | legs, spine       | stretches legs, good for leg pain, develops poise                                                                          |
| 13. chakrasana     | wheel pose        | spine, arms, legs | massages back, neck, shoulders, good for lungs, stomach, massages internal organs                                          |
| 14. padahasthasana | hand to feet pose | whole body        | improves circulation, relaxes heart                                                                                        |
| 15. sirshasana     | head stand        | whole body        | tones entire nervous system and all endocrine glands, helps to maintain celibacy, relieves asthma, improves memory         |
| 16. savasana       | corpse pose       | whole body        | relaxes body, calms nerves, provides a good rest between asanas                                                            |
| 17. yoga mudra     | yogic seal        | spine             | strengthens stomach, relieves constipation, helps to maintain celibacy                                                     |
| SITTING POSTURES:  |                   |                   |                                                                                                                            |
| 1. padmasana       | lotus pose        | legs, spine       | helps digestion, appetite, improves rheumatism, strengthens legs and nervous system, aids celibacy, tones endocrine system |
| 2. ardha padmasana | half lotus        | legs, spine       |                                                                                                                            |
| DEEP RELAXATION:   |                   |                   |                                                                                                                            |
| yoga nidra         | deep relaxation   | whole body        | totally relaxes the whole body, purifies the mind, revitalizes the system                                                  |



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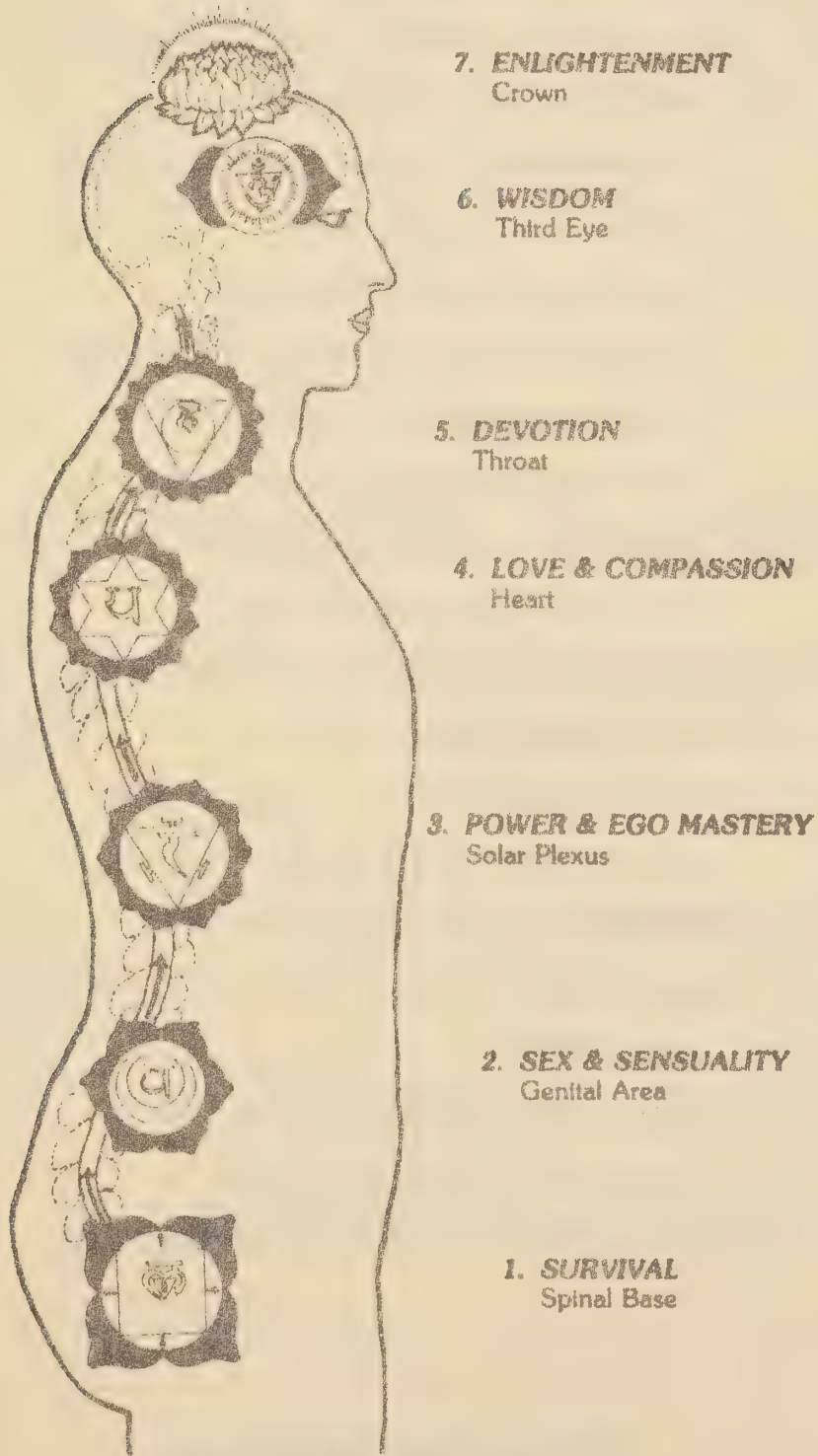
Enlargements





### CHAKRA CHART

Kundalini or cosmic energy rises from the base of the spine and culminates in the thousand-petalled lotus in the crown of the head. This energy or *shakti* manifests in seven different centers or *chakras* in the body as designated in the following chart. These centers are located in the auric bodies encompassing the physical form. Use the chart to know where the centers of energy are so you can follow the meditations we have presented in the Meditation Section more easily. *Hatha yoga* helps to open these centers. Breathing into any of these centers helps to arouse them. Always strive to bring the energy up to the crown center or stabilized in the heart center.





# SACRILEGE

IT POURS FORTH LIKE WATER, MANIPULATED  
BY MY FINGER JOINTS; MY THOUGHTS ARE A  
SACRILEGE; BORN FROM THE MIDST OF MY MIND.  
MY WORDS HAVE LESS VALUE THAN A POTSHERD;  
MY PEN IS COURAGEOUS AND HAS LED ME FROM  
FAITH. THY PEN IS MY WEAPON; THY WORDS ARE  
MY ENEMY.

# WINGS

CRIMSON SKY'S THROUGH MOONLIT EYES  
THE MAN WITH WINGS, HIS GOLDEN VOICE SINGS  
NEON LIGHTS, PURPLE MIST LIES  
HIS GOLDEN VOICE SINGS THE MAN WITH WINGS  
ELECTRIC SOUNDS, ANGEL GOWNS  
LEAPING DRAGONS, BUTTERFLY STINGS  
THE MAN WITH WINGS, HIS GOLDEN VOICE SINGS  
PLASTIC PEOPLE, HAIR OF BRONZE  
SILVER STEEPLES AMONG PLASTIC PEOPLE  
LAVENDER SMELLS, MARMALADE TASTE  
WISHING WELLS, A SYNTHETIC PASTE  
HIS GOLDEN VOICE SINGS, THE MAN WITH WINGS  
PARSLEY, SAGE, ROSEMARY, AND TIME  
INCENSE, PEPPERMINTS, THE COLORS OF TIME  
COSMIC RUSHES, PLASTIC HIGHS  
DRAGON CRUSHES, THE PURPLE MIST LIES  
THE MAN WITH WINGS, HIS GOLDEN VOICE SINGS  
L.S.D, LUXURY.  
YELLOW TREES, STRAWBERRY FIELDS  
ROCKING KNEES, THE SENSE'S YIELD  
HIS GOLDEN VOICE SINGS, THE MAN WITH WINGS

**Shakie Verner**



# NATIVE BROTHERHOOD REPORT

by STEVE AUGUSTINE

Since the last issue we have managed a grant for the sum of two thousand dollars, to be used for loans to the Native inmates who have interest in a hobby and do not have the necessary funds for the hobby of interest. The inmate who is granted must pay it back before he is released from this institution regardless whether it comes from his Trust Fund or his Compulsory Savings Fund. This new account is a revolving account which enables us to have monies in the account at all times.

We have yet to finalize this, but there are talks of using the money for a group project, the money will be used to buy the necessary material by bulk and then the material will be cut into patterns and distributed to the group and processed into a finished product; namely Moccasins, Leather Attache Cases, and also Leather Vests. The odds and ends will be made into such items as Head Bands, Wrist Bands, and such. But this is just talk.

We have a new Executive Council which consists of Harry Paul as the new President, Tony Bear as the new Secretary, and we still have the same vice-President, Junior Marshall.

We now like to take this time to wish each and everyone of you this special message; May Peace be your Gift at Christmas and your treasure.....all year.



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# NEW INMATE PROGRAM

Shortly after the first two weeks of reception, all new inmates will be involved in a relatively new program. It's name is O.E.T. and stands for Occupational Exploratory Training. This program is relatively new in the institution in that it just started in May '77, but it has been in use by Manpower on the outside for some time now.

The goal of this program is to help the inmate discover his abilities, skills and aptitudes. He'll be able to find what he is inclined to do the best at.

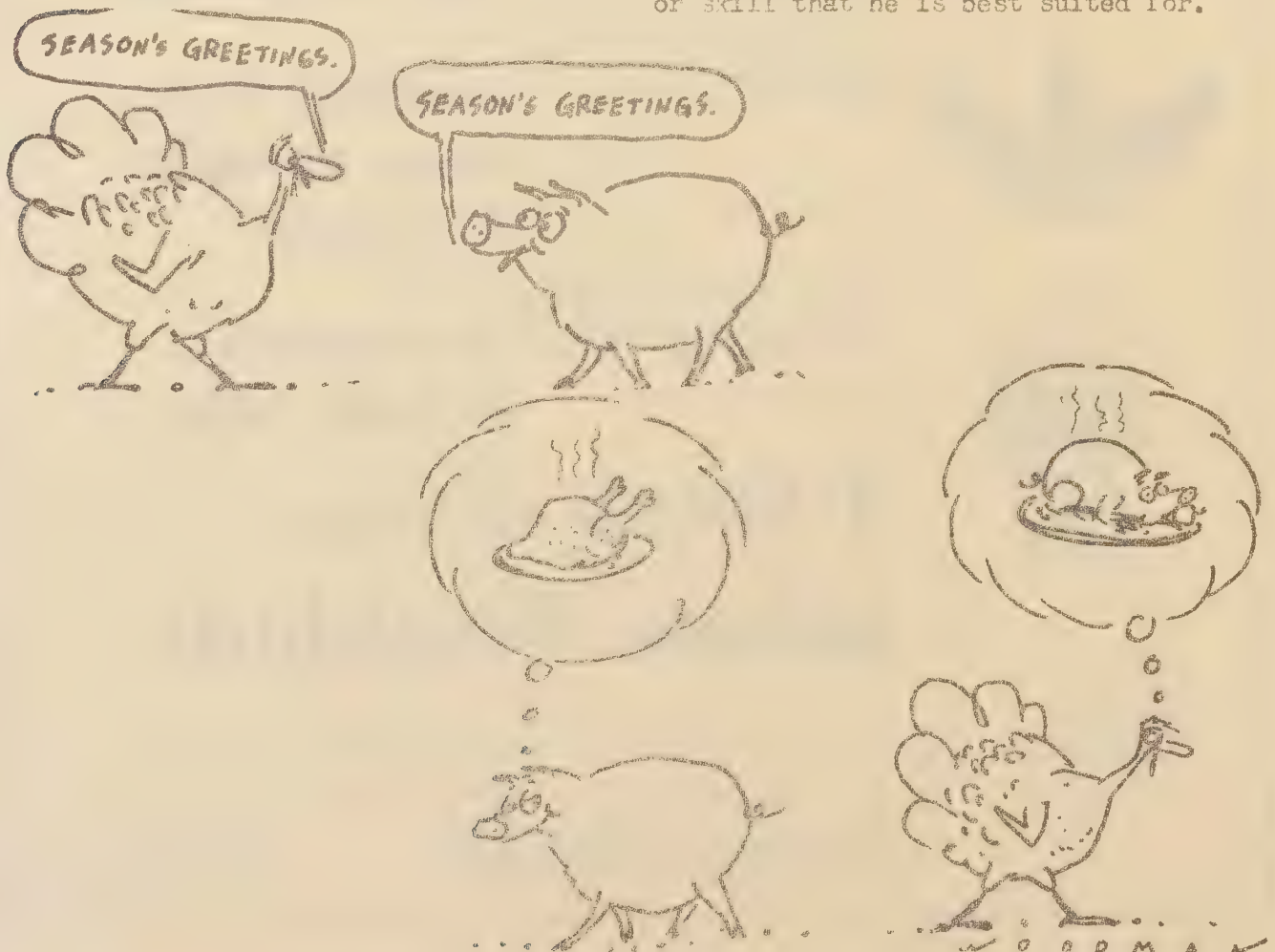
The course consists of two weeks of assorted tests, interviews, discussions and tours. The first week is made up of an introduction to O.E.T., also some aptitude and general knowledge tests, a discussion on the special training and apprenticeship programs, an interview & two tours of the shops. The second week consists of some final education tests, a tour of the maintenance and industrial shops, a physical fitness test and a final interview. At the final interview all the test results and other related items are discussed so you can understand what your skills and aptitudes amount to. In the end you will have a general idea as to where you would get the best training and where you would be best suited to work. In the interview you will also discuss what you feel as to where you want to work or what training you would like to get involved with.

by **michael mccabe**

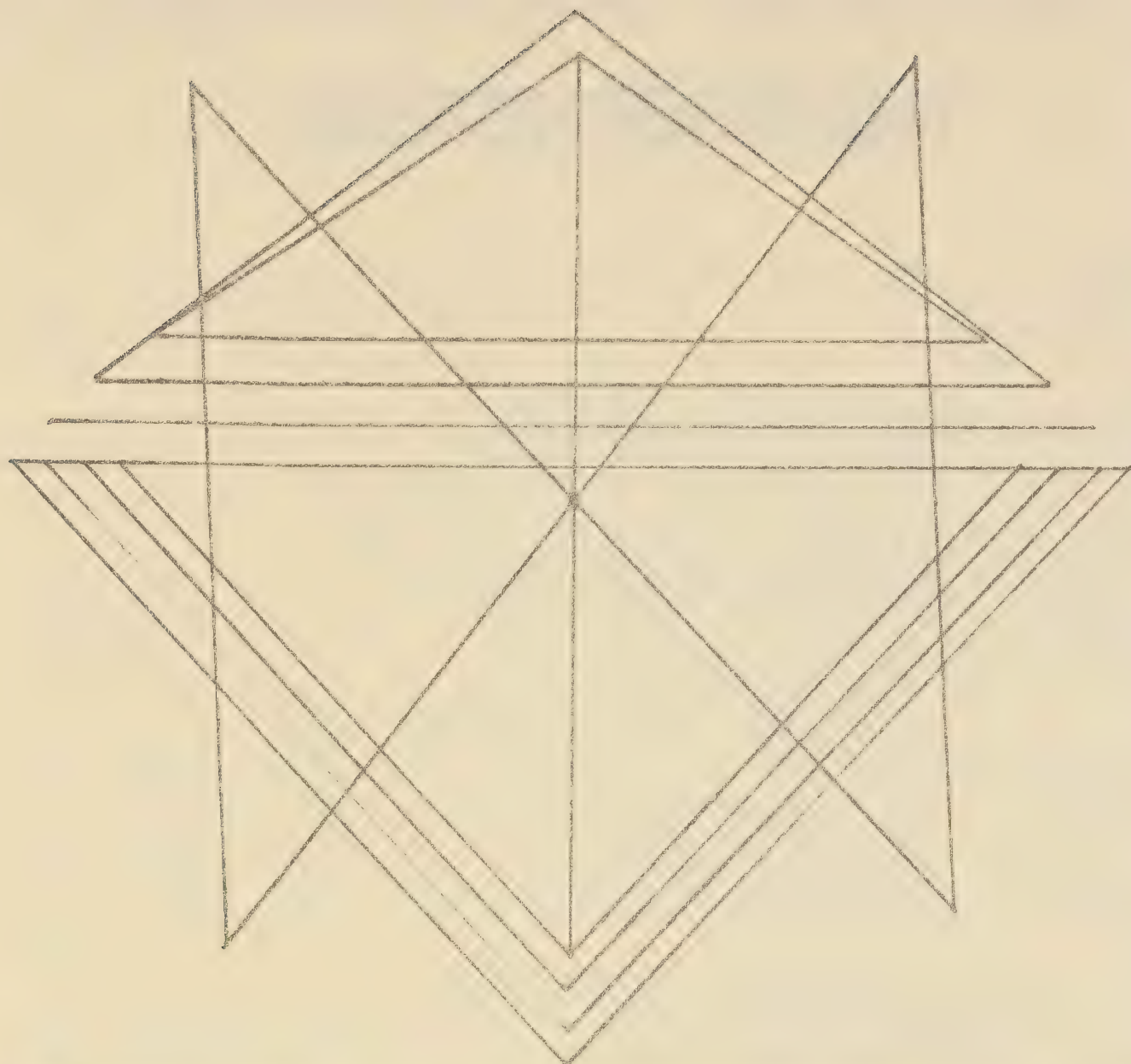
This program, in my opinion, gives the inmate a great deal of insight into himself. It gets him to find out what his likes and dislikes are, in general. Also it gives you a course of action to follow. In some cases there may be more than one course of action to be pursued but the end result is for bettering the person as a whole. If the information is then put to good use you have an ideal opportunity to capitalize on the time you will be doing here. Then when the training or schooling is complete you will be better equipped to get involved with the streets outside.

Well to sum it all up, O.E.T. can be defined as a direction finder. If it is put to good use it can help you gain the experience in a field that you ordinarily wouldn't have gotten on the outside. Then when you put it to use on the outside it can mean a better job and hopefully prevent a return trip back. Then O.E.T. recommends what they feel you would benefit the most by, based on your desires and the test backgrounds.

There are two instructors in the program and they are there to administer the tests, interview you and also aid you in any problems that may come up during the program. They are both very helpful and understanding people and are there to help the inmate to find the job or skill that he is best suited for.







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# THE PROPHETESS

THE LADY STOOD BY FLOWING WATER  
BREATHING THE SWEET ESSENCES OF THE AIR  
THE ORIOLE LANDING ON HER SHOULDER  
WAS HELD BREATHLESS IN THE BEAUTY OF HER STARE

SHE LOOKED AT EVERYTHING WITH ANGELIC WONDER  
SEEING BEAUTY IN THE SMALLEST STONE  
SHE WAS A PROPHETESS, EACH LIFE ABOUT HER  
TO HER INNER SOUL BELONGED

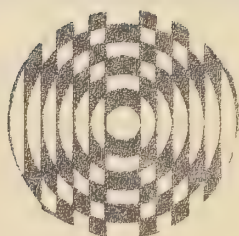
SHE SAW THROUGH OUR LIES  
YET SHE NODDED HER SWEET APPROVAL  
HER INNOCENCE BROUGHT THE GUILT FROM OUR HEARTS  
AND WE CRIED

AND THE PROPHETESS SANG  
HER VOICE ECHOED SWEET & HIGH  
THROUGHOUT ALL THE LAND  
SHE SANG ABOUT JOY IN THE WORLD  
WE JUST COULDN'T UNDERSTAND

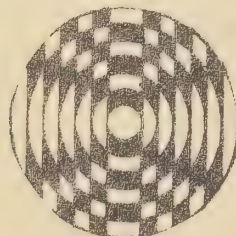
OUR HEART AND SOULS FELL OPEN BLEEDING  
WE WEPT AND PLEAD FOR HER ANGEL'S TOUCH  
SHE HELD OPEN HER ARMS  
BUT SAID WE ASKED FOR TOO MUCH

ONLY WE COULD HELP OURSELVES  
FOR WE BROUGHT ABOUT OUR OWN WOE  
SHE HAD A GIFT FROM ABOVE  
BUT WE WERE NOW CHAINED BELOW

SHE WAS THE PROPHETESS IN WHITE  
HOLDING SWEET ANGELICA TO HER FACE  
ONLY SHE SAW THE TRUE RIGHT  
AND ONLY SHE TOOK THE WORLD IN HER EMBRACE.



WRITTEN BY:  
MERLINUS AMBROSUS  
&  
CAPTAIN SPEED FINGERS





# THERAPEUTIC or not THERAPEUTIC

by MIKE McCABE

Well here I sit at 11:30 P.M. and wonder what it's all about. I've been trying to understand since I got here but just when I started they told me to forget it because, "the therapeutic community, located in Unit #10, will now be locked up from 2300 hrs. to 0700 hrs." The directive came down on Mon. the 21st. of Nov. 1977.

That is a reflection of what is going thru the heads of the guys in the T.C. program of Unit #10. There seems to be a lot of confusion about what has happened, to the T.C. in Unit #10. I hope this article can explain a little about what the T.C. is and what has been happening to it the past few weeks.

From the studies done on the T.C. by two women who were writing their Masters Thesis I gleaned this information; The T.C. was set up some 8 years ago in hopes of offering a better plan for rehabilitation of the inmates. The object, originally, was to cut recidivism by the use of the T.C. programs and by building cooperation. The goals that were first established for the T.C. are along the same lines. They being to help the inmate stay out plus make the unit a better place to live.

The only problem, that the surveys showed, was that the original goal could not be achieved because of two conflicting factors. These are the two things that society says a jail should do, which are to confine and rehabilitate. They don't go hand-in-hand for the simple fact that forced confinement eliminates the motivational factor behind self-rehabilitation or constructive learning. The result is a wall of friction between inmate and staff. This "wall" is unsurmountable, in most cases, and is the reason for, if not the cause of, the hostile atmosphere found in many institutions.

So what has happened to T.C. is that it has shifted from its specific goal, recidivism, to a more achievable and reasonable one, existence. By existence I don't only mean for the inmate but also for the staff and the institution itself. In essence what is being done is the breaking down of this "wall" to a great extent. This in turn cuts down on violent tendencies and instills cooperation.

The way this is achieved is varied and inter-related between work and the life inside the unit itself. One way is by creating better communication between the staff and the inmates. This is achieved by the tri-weekly meetings, informal staff-inmate discussions and through the creating of an atmosphere of cooperation. Now it's this created "atmosphere of cooperation" between inmates and staff, inmate-inmate, that is the heart of the T.C. program. Essentially they make "existence" not only achievable, but desirable. Still this atmosphere that I speak about is created and shouldn't be taken for granted. Many things go into this make-up and of a few I will discuss briefly.

First the tension must be broken down. This is done through the freedoms that are granted in the T.C. program. Such as, lessening of prison regulations to an extent, making up of some of the rules that govern behavior in the unit, special activities set up by members of the T.C., and the not locking up of cells at 11:00 P.M. as in the other units.

Secondly interacting inmate to inmate relationships are formulated on a large scale. By the lack of tension in the unit this is done rather easily. By being able to get along better, the problems in the unit are solved by discussion rather than through violence. The T.C. programs success depends on this point greatly.

Finally communication at any time has to be established. This serves as a very important outlet to the inmate. The reason being, with communication open 24 hours a day there is always a positive way to vent the frustrations that are built from various other aspects of prison life. If this is cut off there is a breakdown in communication to a great extent and seriously jeopardizes the T.C.'s functioning.

To summarize what has just been presented I'll say that no study or studies taken could measure to what extent the T.C. program works in the capacity described.



There are too many unmeasurable variables that are present as the studies themselves tend to suggest. So on a whole the T.C. does definitely work, as described. To what limit is determined by the influx of people involved at a given time and won't be discussed in this article.

This leads to my final topic which is what has been happening to the T.C. program and the reasons that were given for the actions. What it is that has happened to the T.C. is that the back-shift, which keeps the doors from being locked, has been forced to shut down. Now there was a meeting held between a elected three-man committee of the T.C. and the heads of administration, Mr. Gibbs and Mr. Davidson, in No. 3 building. This meeting took place on Dec. 2, 1977 and the topics covered where, 1.The reasons the back-shift was stopping and, 2.How these reasons came about.

The sub-committee was informed that the reasons for the back-shift closing were that the Treasury Dept. was not allowing enough money for the staff that is presently needed to maintain the T.C. program, 24hrs. a day. Also because a change in the structure of the staff. This change in structure is needed because of the creating of four new L.U. 2 positions. These positions have to be filled from already existing personnel which leaves the staff of L.U. 1's, in all the units, depleted. So without the money in the budget for hiring new staff a shift has to be done. That's where the back-shift has gone.

However keep in mind that this is a simplified version of what has happened and that the actual mechanics of the shift are quite involved. Yet it gives rise to many questions. Such as why wasn't the money for T.C. allowed for in the budget? Also why the cutback of T.C. instead of some other place? Was the situation created by the failure of the program or for other reasons? Could the incidents that occurred about two months ago, "work to rule", have something to do with it? Why take away a privilege from the T.C. for something that is beyond their control? These are just a few of the questions that have been raised in many discussions on the subject.

Overall what I'm trying to say is that the T.C. is a very definite alternative to running an institution of this kind. It is a step in the right direction, not only for the prison system, but for society as well. By having a person enter society with better ability to handling cope with his problems and not be worse then when he went in is something positive.

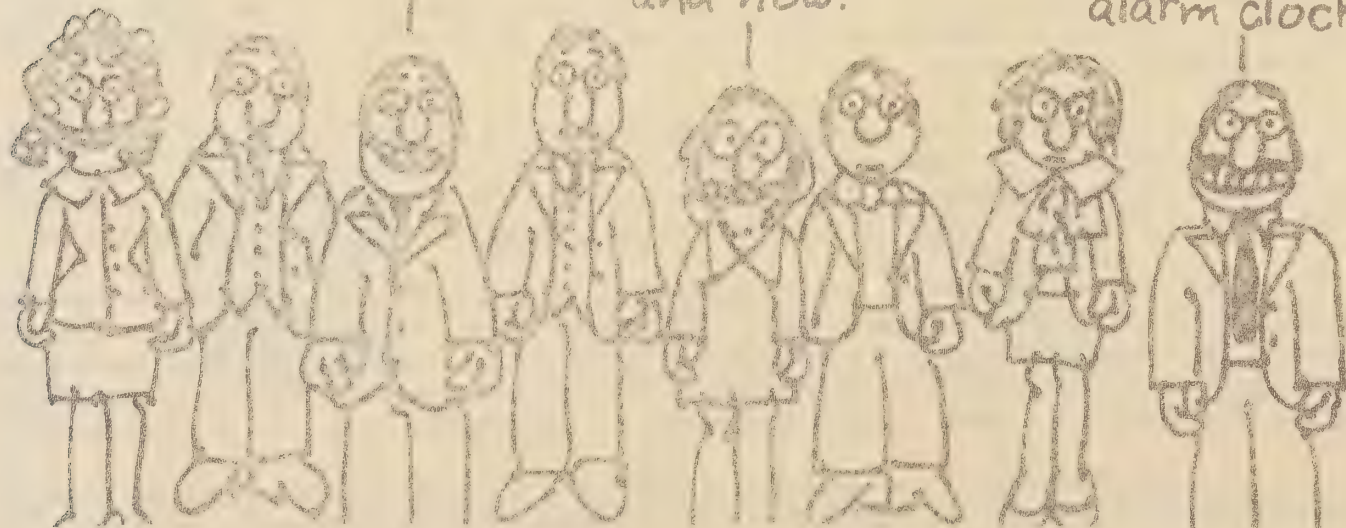
In conclusion we find that money seems to be the determining factor involved here. I personally can't understand why economics should dictate policy when the opposite should be the rule. Allowing a man with issues when the helping of a person, rehabilitation, takes a back seat to other matters designed to only occupy time and space. Well fellows take heart because the back-shift isn't gone, it's alive and well and takes the form of a new dishwasher and snow plow equipment that, by the way doesn't even work.

"I am  
the cause  
of my  
own  
happiness"

"I am  
exploring  
my own  
inner and  
outer space"

"34 risk-  
taking I  
experience  
myself in  
the here  
and now."

"I rid  
myself of  
addictive  
habits and  
am able to  
wake myself  
without an  
alarm clock."





SWEET SIREN OF THE NIGHT  
WHAT DREW YOU HITHER  
SMILING,BUT SPEECHLESS  
LIQUID EYES,RELECTING MY  
DESIRE,FAINT SCENTS,NAMELESS  
ACCOMPANY YOUR CREATION  
MOANS OF ECTSTASY TRUMPET  
YOUR BLISS SHIMMERING,OUTSTRETCHED  
YOU RETURN TO THE BOTTLE OF MY  
LUST.

\*\*\*\*\*

THE EYE OF GOD  
RADIATING INWARD  
AN OILED MOON  
REFLECTING PROJECTIONS  
OF HARMONY AND ONENESS  
WINDS SIGHING THROUGH THE  
ERECTIONS OF TIME AND SPACE

LITTLE DO THEY KNOW  
OF THE FORCES OF AEONS  
BURSTING IN WAVES  
OVER MEDIUM SECURITY  
PROTECTING HOLLOW FREEDOMS  
LIKE PARANOID PRIESTS  
OF THE STATUS QUO.

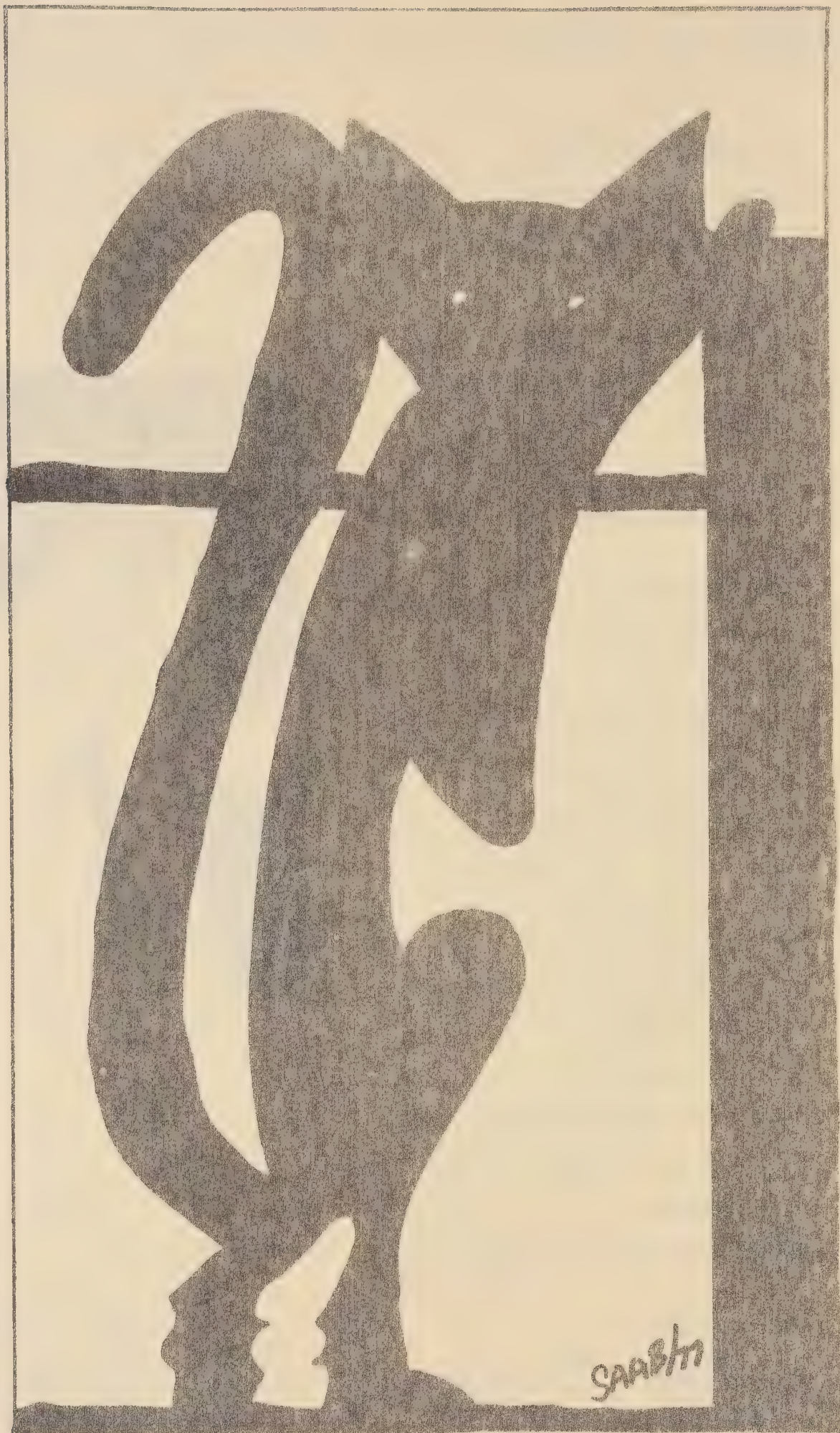
\*\*\*\*\*

THE FALL COMES  
MARITIME HIGHS  
CHRYSTAL SKIES  
INHALING FORTH THE BREEZE  
OF WINTER.  
BLACK WING CROS WHEEL  
ABOVE A SORT OF  
FROSTED LAWN AND DOWNCAST FACES.



**ANONYMOUS**





# UNISON

**Halifax**

**Sydney**

*'Working with the female offender'*



# READ ALL ABOUT IT

by Greg Scott

ANOTHER ROADSIDE ATTRACTION T. ROBBINS  
400 pages-fiction

With the first page, the reader is involved in a mystery, namely the whereabouts of one John Paul Ziller, a very strange magician born in Africa (or was it India) who travelled around in the late 1960's. His woman Amanda who became pregnant during a thunderstorm asks, "Was it the lightening or the lover?"

This very strange book is hard to put down, despite its scrambled plot & insane but brilliant characters, all in deep conversation, all at the same time about anything and everything. In trying to find a quote which can give you an idea of the craziness, I have chosen a discussion from the Captain Kendrick Memorial Hot Dog Stand and Wildlife preserve.

"A creature, human or otherwise, that has had it's freedom compromised has been degraded in a subconscious reaction that combines guilt, fear, and contempt for the keepers of the caged - even observed of the caged - are degraded themselves. The cage is a double degrader. Any bar, whether concret or intangible, that stands between a living thing and it's liberty is a communicable perversity, dangerous to the sanity of everyone concerned."

These people talk a lot about the nature of light, usually under the influence of mushrooms and/or hashish. This will serve to put off those narrow minded types who find it necessary to dismiss this stuff as crazy hippie clap trap.

A description of the landscape in which the Wonderful Weenieland is to be found is quoted:

"It is a landscape in a minor key. A sketchy panorama where objects, both organic and inorganic, lack well defined edges and tend to melt together in a silver green blur. Great islands of craggy rock arch abruptly out of the flat, and at sunrise, and moonrise, the outcroppings are frequently tangled in mist. Eagles rest on island crowns, and blue herons flap through the veils from slough to slough. It is a poetic setting which suggests inner meanings and invisible connections."

The characters become involved in a desperate plot which could cause the collapse of the western world. They

are harrassed by the F.B.I., the C.I.A. and a peculiar brand of R.C. monks who aren't afraid to mow down anybody who interferes with their business.

Worth reading twice, about a year apart.



COLOSSUS

Stephen Marlowe

563 pages fiction

This hardbound book is all about Don Francisco de Goya y Lucientes, the man usually known as Goya, the painter. Born in Spain in 1746, he had a talent for getting into trouble almost as much as he had a talent for capturing the souls of his subjects on canvas. The story begins with his flight from his rural home after a knife fight, to the big city where he falls under the protection of the Duke of Alba, and under the spell of the Duke's wife, the Duchess.

As Goya was caught up in the life and trials of Spain, we must be filled in on the details of the Court, the intrigue, the backstabbing and the usual bed-hopping which eventually brings the country to its knees, at the foot of Napoleon.

Goya struggles with his wish to paint what he sees, and the wishes from his constant crowd of admirers. The people of Spain are starving in their streets, while the fat kings ride and the fat queen chases her lover, the man who'll soon sell them all down the river, Godoy, father of the idiot crown prince.

Blood runs in the streets, and Goya paints it all, wandering with his sketch book and chalk, even crossing the lines of battle to draw Wellington, the English commander.

This story is well worth reading, if you are interested in the deviousness of politics, the bloody historical or the mind of a deaf painter many people considered mad. As you read this book, there are a couple of books that go with it. The Life and Times of Goya and Goya both are collections of most of the paintings described. They are found at 759 G and O30 O in the non-fiction section.



# BILL C-51

A lot of things are happening with the Law and Justice system these days, and it's part of our policy to keep you up to date and informed. Bill C-51 has recently come into effect, so this article will hopefully make that mess of legal balktalk seem understandable.

Section 11 of the Parole Act has been changed to read:

26. Section 11 of the said Act is repealed 30 and the following substituted therefor:

"11. Subject to such regulations as the Governor in Council may make in that behalf, the Board is not required, in considering whether parole should be granted 35 or revoked, to personally interview the inmate or any person on his behalf."

This simply means that the Parole Board does not have to interview you to make their decision.

Section 13 has been changed thus:

27. Section 13 of the said Act is repealed and the following substituted therefor:

"13. (1) The term of imprisonment of a paroled inmate shall, while the parole remains unrevoked, be deemed to continue in force until the expiration thereof according to law, and, in the case of day parole, the paroled inmate shall be deemed to be continuing to serve his term of imprisonment in the place of confinement from which he was released on such parole.

(2) Until a parole is suspended or revoked, or a day parole is terminated, or except in accordance with the terms and conditions of a day parole, the inmate is not liable to be imprisoned by reason of his sentence, and he shall be allowed to go and remain at large according to the terms and conditions of the parole and subject to the provisions of this Act.

While you are on parole, or day parole, you are said to be still serving your sentence. (2) Says that you shall not be imprisoned without some violation of your parole. However, the suspicion of a parole officer can be used to issue a warrant.

Section 15 (1) has been changed to read:

28. (1) Subsection 15(1) of the said Act is repealed and the following substituted therefor:

"15. (1) Where an inmate is released from imprisonment, prior to the expiration of his sentence according to law, solely as a result of remission, including earned remission, and the term of such remission exceeds sixty days, he shall, notwithstanding any other Act, be subject to mandatory supervision commencing upon his release and continuing for the duration of such remission."

This is much the same as before. Any period over 60 days of a sentence which has become earned or statutory remission must be served on Mandatory Supervision (MS).

The Act has been changed by adding the following:

(2) Section 15 of the said Act is further amended by adding thereto the following subsections:

"(3) Notwithstanding subsection (1), an inmate who may be released subject to mandatory supervision may choose to remain in the institution to complete his sentence, but such a choice is not binding upon an inmate who subsequently chooses to be released on mandatory supervision; any subsequent choice to be released on mandatory supervision shall be respected as soon as is reasonably possible, however, the inmate may not require his release other than during the daylight hours of a normal work week.

(4) Where an inmate subject to mandatory supervision commits an additional offence for which a consecutive sentence of imprisonment is imposed and mandatory supervision is not revoked, the period of mandatory supervision is interrupted and is not resumed until the later sentence has been served.

(5) This section applies in respect of persons who were sentenced to imprisonment in or transferred to any class of penitentiary on and after the first day of August, 1970."

This means that you don't have to accept M.S., you can remain in jail. You can also change your mind and request release. The administration must release you as soon as possible, but it will take a few days.

(4) means that if you are on MS and commit an offence and receive time, MS is suspended, and when you serve the bit your MS begins again, where you left off.

31. Section 20 of the said Act is repealed and the following substituted therefor:

"20. (1) Upon revocation of his parole, an inmate shall be recommitted to the place of confinement from which he was allowed to go and remain at large at the time parole was granted to him or to the corresponding place of confinement for the territorial division within which he was apprehended.

If your parole has been revoked or suspended, you will be given credit for time spent on parole after this section came into effect, remission earned after that date, earned remission from before that date, and the time spent in custody while parole was suspended.

Anyone sentenced, or paroled on or after October 15, 1977 will fall under this legislation. If you were already absent on MS or Parole, time after the 15 does count as time served.



# ANTHOLOGY

## OUR LOVE

OUR LOVE IS LIKE THE MOON,  
IT GROWS AFFECTIONATELY FULL  
WHILE NEVER ONCE SHOWING  
A DARK SIDE.

## J.ZINCK

### MOMENTS

DARKNESS MIDDLE OF THE NIGHT  
QUIETNESS SOUND SLEEP  
A VOICE  
VERY SWEET  
VERY CLOSE  
VERY NEAR

CALLING MY NAME  
BURNING CANDLES  
OPENED EYES

EMPTY ROOM  
LONELY WALLS  
NOTHING SWEET  
NOTHING CLOSE  
NOTHING CLEAR

OH HELL

### COLD WALLS

THESE COLD WALLS OF PRISON  
THESE COLD WALLS CRY  
THEY ECHO INSIDE  
THEY ARE SO LONELY AND BARE  
THESE COLD WALLS OF PRISON  
FOR THESE COLD WALLS I CRY

## N.LANDRY

## M.BAIG

### HOW MANY SONGS HAVE I SUNG?

HOW MANY SONGS HAVE I SUNG?  
HOW MANY MORE HAVE I STILL  
TO SING HERE ON EARTH?  
WITHIN AND WITHOUT I HAVE BEEN  
SEARCHING FOR MYSELF THROUGH  
MY SONGS.WITH DEEP PANGS MY HEART  
CRIES,MY SELF-FORM IS NOT VISIBLE YET.  
IN THE VAST LIFE-OCEAN I AM FLOATING  
ALL ALONE.

## S.CHINMOY



# THROUGH THE GATES OF NO.8

by SHAKIE VERNER



Well Christmas is almost here and with it will come the ending of another year. We all are impatient to see the New Year and what it shall bring. Lets hope for the best.

Little has been happening here in number eight. Things have been running smooth except for a bit of cell-thieving and a few minor fires. A unit meeting was held to try and discover who had lit three of our cleaning rooms afire. Whoever it was must have realized that the boys do not like fire bugs because we've not had any since.

A proposal has been drafted and submitted by the range representatives asking for a late lock-up on Christmas Eve in exchange for an early lock-up on New Year's Eve. Hopefully it will be okayed, but only time will tell.

A committee has been set-up for the handling of Christmas decorating. Mel Reddick is the chairman and with his past experience and intelligence we should once again win first place in the decorating contest.

The indoor sports committee, consisting of Mel Reddick, Tom Boutilier, and myself, have planned tournaments for the unit over the holidays. Thanks to the recreation staff a little more money was made available and thereby enabling us to buy more and better prizes. We are hoping for the tout ensemble of the tournaments to be a happier Christmas for those of us who couldn't make a pass

Two of the boys returned from the farm. Let us all sing "Welcome Back" to Terry and Doug. I take it they wished to spend the festive season with old friends, although the old friends were sorry to see them have to return here. Marvelous Mills came back for a visit, but has since left for home. The turn-over here in the unit is happening too fast to see who is coming and who is going. We here at the paper are saddened by the thought of losing such a fine and easy going artist and friend, Ron "Turbo"

Saab will be leaving sometime this month and we all wish him the best of luck.

Carmen Lowther has been appointed as acting living unit officer two. So now the Big Eight has two kings to reign over it. L.U. Forbes is back after a year or so of absence.

Hockey does not look too hopeful this year. Not only the repairs on the gym are a problem but also the boys are having a hard time finding good players and a coach. Shortstop Dargavel and Fast Fred Dorion are here once again, so with their past experience along with Powerful Powell's (of last year's six foot line) maybe we can terrorize the ice again.

A music room has been set up in the hobby room. The inmates in charge of it ask that everyone using it take care of the stereo and use their consideration and better judgment in their actions while in the room. If any heat falls on the room it will be shut down, so lets see if we can prevent that from happening.

King Dobson has put in a work order for the repair of ceilings and painting of the unit. So hopefully next year will bring a newer looking castle. We will have to wait and see as we all know how fast the administration works.

Well until next year this is Shake Verner bringing you through the gates of number eight. I must leave you now as I hear the clomp of hooves upon my roof and a jolly looking man in a red suit is waving parole papers at me. So MERRY CHRISTMAS and a HAPPY NEW YEAR from the Brothers of Eight to all of you on both sides of the gate.

## Merry Christmas



## PRESENTS for No:10

We are now in the second week of the New Revised Therapeutic Community. In spite of the changes, things seem to be generally improving. The elected sub committee is still working diligently to present alternatives to the instituted changes with the backing of the staff in the unit.

The Discussion Committee has just been reorganized in form and format and the positive results are already evident. New fund raising projects have been initiated such as the T-shirt sale, which was successful despite the sleazy moves by some of the customers. This sale will hopefully be continued. Proposed projects are underway, such as card sales and a photo sale. We hope to be able to offer color photographs to the population at a minimal price soon after Xmas. Also there will be an on-going card sale all year round.

The seasonal X-mas tournaments were well organized by the Discussion Committee and there was something for everyone who wanted to participate. Wist, darts, backgammon and cribbage were the ones offered and the competition was fierce. A bingo will be held on the weekend before X-mas. Prizes for the tournaments were watches, sweaters, and money for the trust fund of the winners. The money for the games was donated by the recreation dept. and was put to good use.

Bob Lattie is still in the Institution Hospital and is doing well. Thanks should be given to the individual staff members and inmates who extended their help in the matter.

All in all, No.10 is quiet and will be looking forward to the New Year with optimism. We at No.10 would like to wish everyone a Merry Christmas and a Happy New Year.

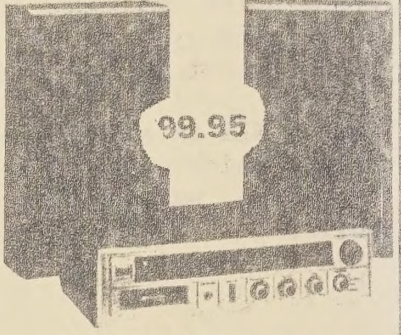
by:Dwayne Shaw



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# Centre

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Phone: (902) 422-4311



## FAMILY VISITING DAY

by: Mike McCabe

From an observers standpoint I'd say that Family Visiting Day, which was held on Dec. 11, 1977, was a complete success. Judging by the many smiling and happy faces that were there, I'd say that the majority would also feel the same way.

The crowd wasn't quite the size that had been expected but it was still a fairly large turn-out. It was really different to see children and women mixed in with the inmates. All of whom got along very well.

The credit for this undertaking goes in many places. First off the Chairmen of the Inmate Committee, Ron Powell, should be thanked along with Dean Vienneau and Paul Mosher for their volunteer help in the various tasks that had to be performed. The overall direction of staff was done by Arden Thurber who did a good job coordinating the staff participation and the many other matters related to this project. Staff members participating in the preparation and supervising of the event should also be thanked. They are John Spence from V.andC., Ed McCormick and Reggie Caulfield from the Rec. Dept., Mr. Watkins and Mr. Henderson from the kitchen and Ron Arsenault, the Social Development Officer.

The day went pretty fast with a variety of things happening along the way. The entertainment was provided by the inmates who performed different types of music from ballads by Doc Tobin and Leo Ryan to Country X-Mas Carols by Ivan Marcotte. Folk music was provided by Dwayne Shaw and Pat Gallant with Gallant and Harry Bateman strumming out some tunes later on. Two separate raffles were held, one for the kids and the other for the adults. A turkey, donated by Doug Hudson, was the prize for the adults and two small chairs, made by Dave Mitchell and the shop instructor Jan Norton, for the children along with other small prizes. The highlight of the day was Santa Claus, played by Vince Bezanson, who passed out goodie bags and posed for pictures with the little kids. Ice-cream and cartoons were provided for the kids earlier in the day. The task of entertaining the children was given to Bill Phillis, Vince Bezanson and Dave Mitchell who, by the way, had their hands full.

After the entertainment food was served in the cafeteria on both sides. Families and friends got a taste of what we call cold plate. But it wasn't that bad considering we could have got swiss steak instead. After eating everyone returned to the old gym to relax and just sit around and talk for awhile. The crowd started thinning out by 5:30 and the task of cleaning up began a little later.

All in all it came off very well. The atmosphere was mellow, along with the music, which provided a welcome change for the guys. The only thing that couldn't be helped was the weather which was extremely cold. Still it left most people involved looking forward to the next one.

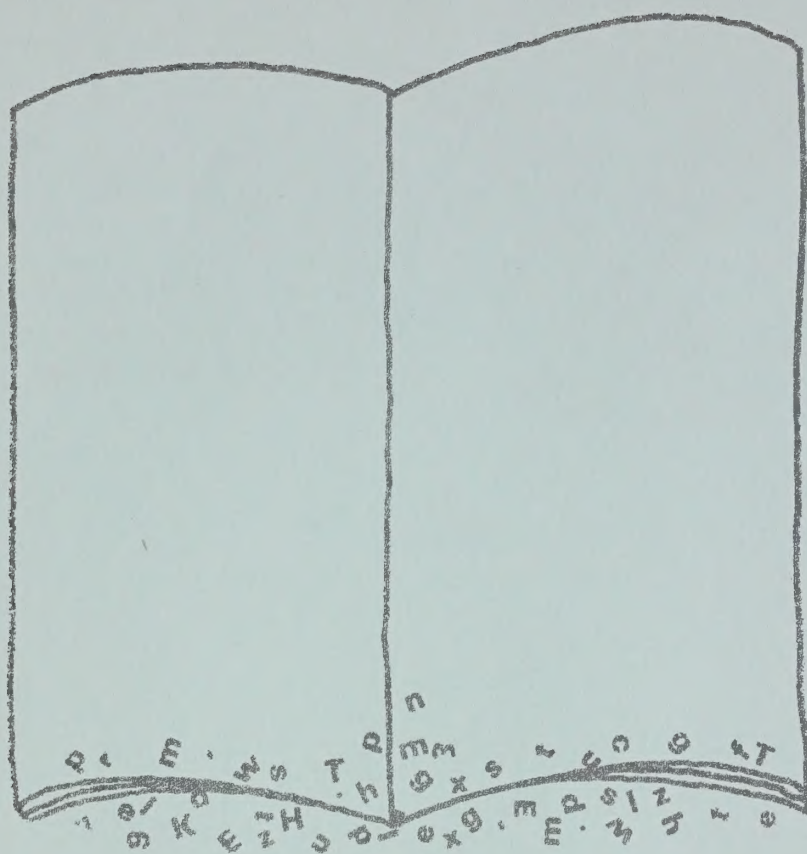
## -ECOLOGY ACTION CENTER-

The Ecology Action Centre is a Halifax Dartmouth based group which, as their name implies, is concerned with matters of environment, resources, and the public's education on these subjects. Some of their ongoing projects include: Resource Centre - providing information on a daily basis; Refillable Bottle Campaign - an effort to adopt recycling of soft drink containers; energy library - containing up to date info on renewable resources; Fundy Tidal Power Educational Seminars - providing detailed information on this subject in an effort to encourage a public dialogue; The Regional Parks Project - promoting a series of public parks in the Halifax Dartmouth area.

Current areas of special concern are the high electric bills the people of Nova Scotia are paying, the question of spruce budworm control, car pooling, designing a multi-media package for schools and for the public.

The EAC publishes a newsletter JUSUN, containing current affairs and environmental issues. This is circulated to interested parties throughout the Maritimes. Membership is open to any individual, group, or corporation. As always, this group operates on a financial shoestring, all monies turned back in to cover the costs of the services provided. All payments are tax-deductable, and would be appreciated to reimburse some of the workers for long hours and many hassles, as well as helping to ensure that this organization doesn't become extinct. Without a show of some support financial or otherwise, volunteers can become a non-renewable resource.





Does your world seem to  
be falling apart?

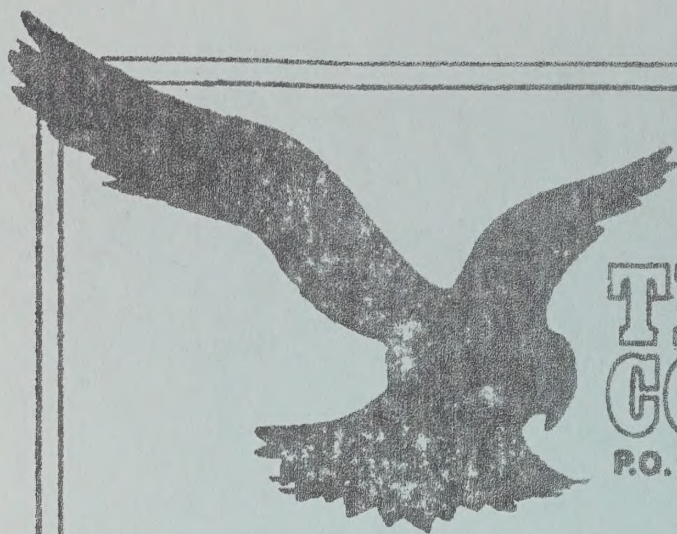
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